

1000 12:24 My Readings Today, Saturday, Oct 21 5.2^{mmol} 12:23

Using My Patterns with the **CONTOUR™ DIABETES** app

5,5 ^{mmol/ L} 12:23 2 1/ 1(2/ 18 Contor plus

Always consult with your healthcare provider prior to making changes to treatment, diet or exercise.

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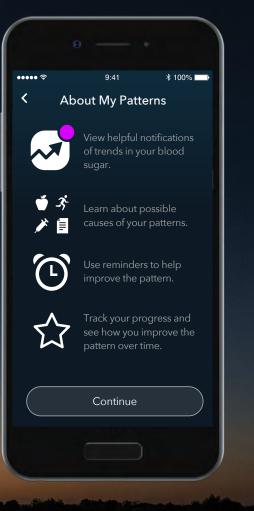




My Week (Past 7 days)



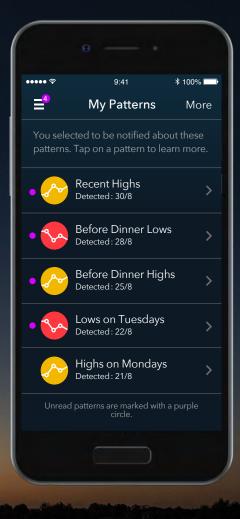
The **My Patterns** feature identifies specific patterns and trends in your blood glucose readings and notifies you of possible causes behind them.



Contour, plus one, Blod Glucse Montoring System

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The **My Patterns** feature identifies specific patterns and trends in your blood glucose readings and notifies you of possible causes behind them.



Contour plus one»

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1. My Patterns

Choose My Patterns from the Main Menu



Contour plus one Blood Glucose Monitoring System

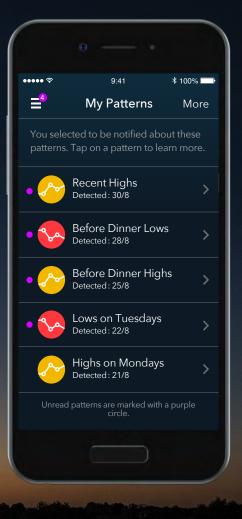
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2.

My Patterns

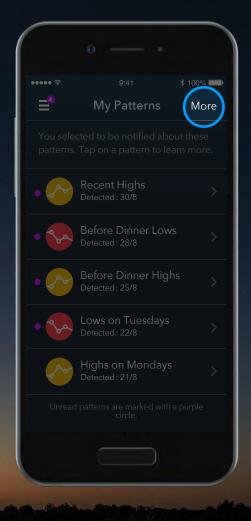
The **My Patterns** screen will show the patterns that you asked to be notified about. An unread pattern is marked by a purple circle.



Contour plus one Blod Glucose Monitoring System

2.

Tap **More** to change your pattern selection or review your pattern history.



Contour plus one ") Blod Glucose Monitoring System

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3.

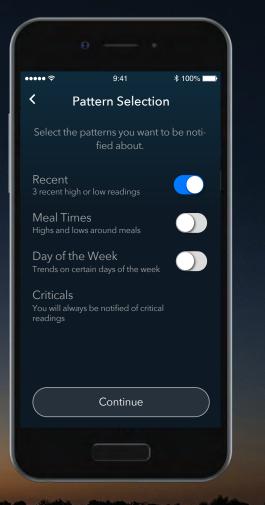
Tap **Pattern Selection** to choose which patterns to be notified about.

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3.

Tap **Pattern Selection** to choose which patterns to be notified about.





3.

Tap **Pattern Selection** to choose which patterns to be notified about.

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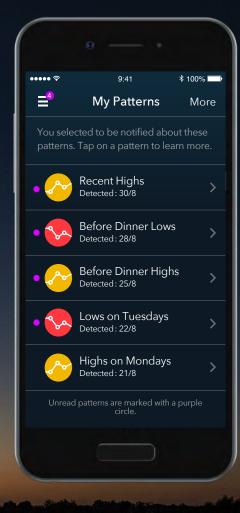
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My Patterns

4.

Any patterns that have been detected will be listed in the **My Patterns** screen.

The **My Patterns** screen will show the patterns that you asked to be notified about. An unread pattern is marked by a purple circle.



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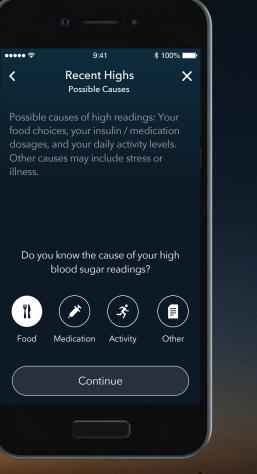
You can see the pattern details and learn more about possible causes.

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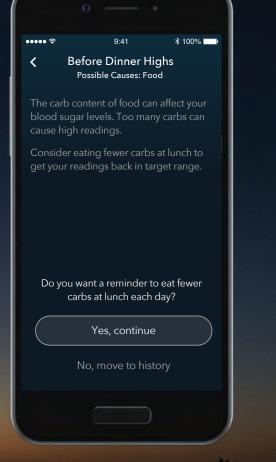


4.

You can learn more about what may cause this pattern, and choose between possible causes such as food, medication or activity.



You can also set a reminder related to a possible cause.



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At any time, you can go back to a pattern in **Pattern History**.

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In **Pattern History** you can review the patterns detected in the past that are no longer active.

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In **Pattern History** you can review the patterns detected in the past that are no longer active.

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Talk to your Healthcare Professional and refer to the product user guide if you have any questions about the **CONTOUR®PLUS ONE** smart meter or the **CONTOUR™DIABETES app**.

For more information, and to find out whether these products are available in your country, visit **diabetes.ascensia.com**.



Hypothetical patient data for demonstration purposes only. Always consult with your healthcare provider prior to making changes to treatment, diet or exercise.



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